

Coping with Caregiving

Wendy Sutton, 2018

During My Career

- In 1960, **16%** of people over 50 had a surviving parent.
- In 2010, **60%** of people over 50 had a surviving parent.

Eldercare now equals child care as a major work-life balance issue.

It's the Family's Responsibility

Family caregivers provide 80% of care to seniors living in the community and 30% of care to those living in long term facilities.

We don't *offer* them education, training or support.

"In the beginning we don't even know what we need to know."

Coping with Stress

You should eat healthier.
You should exercise more.
You should get more sleep.

Take Control

1. Identify as a Caregiver
2. Locate Information and Resources
3. Get the Documents
4. Keep Records
5. Be Assertive
6. Anticipate Resistance
7. Balance Work and Care
8. Reach Out

Caregivers...

- provide 80% of the care for seniors in the community
- save our health care system and government millions of dollars annually
- Improve the care and safety of aging Canadians
- are entitled to be consulted and included in the treatment of the seniors they care for



Where Next? A Path for Caregivers

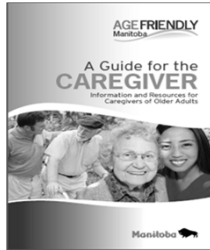
- Workshops
- Website (4 Teachers)
- Awareness

2008-2018

Balance Magazine

1. Taking Care of Mom and Dad
2. Lost in Elderland?
3. The Time is Now. Putting Our Affairs in Order
4. Navigating the System
5. Balancing Work and Care
6. Health Care Facilities
7. Family Issues
8. Proactive Self Care
9. Respite and Travel

Be Sure to Read This



- Employment and Caregiving
- Legal Information
- Housing
- Home Care
- Hospitalization
- Palliative Care
- Financial Resources
- Support Services
- The Manitoba Caregiver Recognition Act

Seniors and Healthy Aging Secretariat

SHAS Seniors and Healthy Living Secretariat

Get Started

- Home Page
- About Seniors and Healthy Aging Secretariat
- Caregiver Supports
- Promoting Age-Friendly Communities
- Preventing Elder Abuse
- Seniors Guides and Publications
- Community Resources
- Important Dates
- Minister's Knowledge Studies

Seniors and Healthy Aging Secretariat

The Seniors and Healthy Aging Secretariat is part of the department of Health, Healthy Living and Seniors. The Secretariat works with all departments to create an environment within Manitoba that promotes health, independence and well-being of all older Manitobans.

I am a senior or a caregiver looking for information:

- **Care for a Senior**
- **Housing & Rent**
- **Transportation**
- **Health and Wellbeing**
- **Subsidy and Security**

Minister Deane Crothers

Minister's Message

Need More Info?

Seniors Information Line:
In Winnipeg: 204-945-6565
Toll-free: 1-800-665-6565
Email: shas@311.gov.mb.ca

Quick Links

Requests for Congratulatory Messages

PRAIRIE MOUNTAIN HEALTH
SANTÉ PRAIRIE MOUNTAIN

Health and Wellness for All.

HOME OUR LOCATIONS PROGRAMS & SERVICES CAREERS ABOUT US

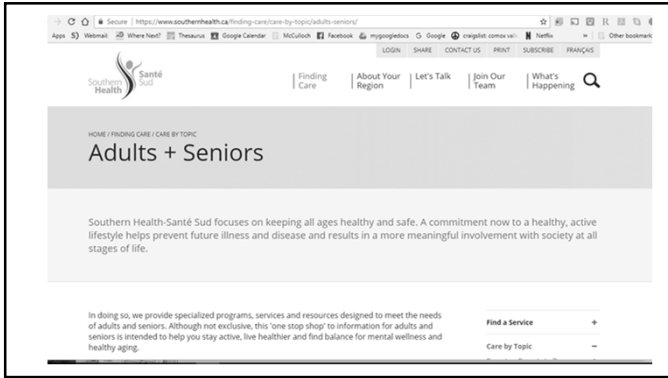
Programs & Services

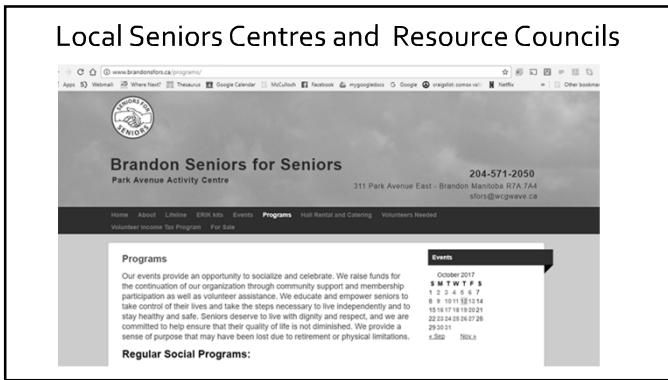
- Accessibility**
- Access and Privacy**
- Cancer Care**
 - Cancer Help
 - Cancer Navigation
 - Western Manitoba Cancer Centre
 - In-Site
 - Cancer Treatment
- Mental Health**
 - Access for Children and Youth
 - Access for Adults
 - Access for Seniors
- Palliative Care**
 - Camp Bridges
- Personal Care Homes**

Public Classes Workshops and Clinics

Private Healthcare Providers

My Patient Passport





Visit the Websites

- [Where Next? A Path for Caregivers](#)
- [Seniors and Healthy Aging Secretariat](#)
- [Manitoba Home Care Program](#)
- [Manitoba Institute For Patient Safety](#)
- [Manitoba Regional Health Authorities RHAs](#)

- Add your own
 - Chronic Illness Sites
 - Reliable Medical Reference Sites – Mayo Clinic

Documents Formalize Your Role

- *Financial*
 1. Enduring Power of Attorney
- *Medical*
 2. Patient Advocate Agreement
 3. Health Care Proxy

Further reading pp. 20-21 in *A Guide for the Caregiver*

Enduring Power of Attorney (POA)


- The legal document that allows you to manage another's financial affairs.
- An Enduring Power of Attorney allows you to continue to manage their affairs if they become unable to do so.
- A POA must be drawn up by a lawyer.

NOTE: A Power of Attorney applies ONLY to financial matters.


10/14/2017

Official Health Care Supports

- A **patient advocate** is a person you choose to support you and act on your behalf. He or she will talk with members of your healthcare team, such as your family, doctor, nurse.
Complete the **Patient Advocate Agreement** in E.R.I.K.
- A **healthcare proxy** acts for you if you are *not* able to make judgments and express your wishes.
Complete the **Health Care Directive Form** in E.R.I.K.



E.R.I.K.



- Go through this with the person you care for.
- Make a copy for yourself.
- Keep it current.
- Add to it

E.R.I.K (Emergency Response Information Kit) is available from local Senior Resource Councils. Call 1-800-665-6565 to find out the phone number of the Senior Resource Council nearest you.

The Journal

1. Contact Info: Phone, fax and email (Get business cards where possible)
2. Appointments and phone conversations
 1. Date entries
 2. Questions to be asked
 3. Responses
 4. Test results
 5. Follow-up & who to contact if follow up falls through
3. Include:
 1. Current copies of medications list (you'll be asked for these) – E.R.I.K. or cover of bubble packs
 2. Ask Home Care for a copy of their Physician Order Form. Keep copies in the journal.

The Binder or File

- E.R.I.K. (copies of all documents)
- Will/Bequests
- Enduring Power of Attorney
- All banks and investment accounts and contacts
- Credit Cards
- Safety deposit boxes
- Income sources—pensions, investments
- List of expected tax receipts
- Insurance
- Lease/mortgage/deeds
- Manitoba Health Card
- Birth certificate, Social Insurance Number, Passport
- Login in IDs and Passwords
- Funeral/Cemetery Arrangements

Have more than one copy. Share with parent or another family member.

Be Assertive

- Health care Professionals - Insist and Persost
- Family - set boundaries
- Be Aware -The responsibility usually falls to one. In 40% of families, sibling relationships are permanently damaged.
- Communication Scripts
 - *When No is not an Acceptable Answer*
 - *Dealing with Difficult People*

Balance Magazine Sept. 2017

A practical guide for caregivers:
Balancing work and care



By Wendy Sutton, Where Next? A Path for Caregivers wherenext.blogspot.ca

The Canadian Human Rights Act dictates that when an employee must care for a family member, employers have a legal obligation to accommodate that employee... employees, employers and unions must cooperate to find reasonable and practical solutions. For most of us teaching is a large part of our identity. We are not looking for

time away from our classrooms. We are looking for solutions to continuing our work while meeting increased family obligations.

I leave my job. I pack my time off with client appointments so that I don't have to take as much time from work. I found myself waiting for Christmas holidays to end, so that I could get

back to work (my respite). Everyone around me thought I was crazy. I know caregivers get it though. It's so difficult when my responsibilities with my client would encroach on my work. I dropped down to 75% time, in order to have the extra time off for them...but I wish I could still work full-time.
 --Carol

8 BALANCE SEPTEMBER 2017

Human Rights

The Canadian Human Rights Act dictates that when **an employee must care for a family member, employers have a legal obligation to accommodate that employee... employees, employers and unions must cooperate to find reasonable and practical solutions.**

- *Talk to Your Employer*
- *Know Your Supports*
- *Build a support System*
- *Practice Self Care*

John's Story

- *I've been caring for my dad who has Parkinson's and dementia. I didn't tell anyone at work. But last week when I sat down with my principal to discuss my professional growth plan I apologized and explained what I'd been going through.*
- *Her response surprised me. "Do not apologize! This is a serious situation. You and I are going to get together next week to come up with an action plan that will help you care for your dad and give your best to your students."*
- *Our action plan made it possible for me to attend my dad's appointments. If my dad's doctor called, someone would watch my class so that I could take the call in private. My professional commitments are manageable. We have a plan in place in case of a crisis. - John*

Aim for a mind as peaceful as possible in a body as healthy as possible under current circumstances.

Parting Thought

The number of seniors needing care is expected to more than double in the next 10 years.
The average Canadian will live the last ten years of life in ill health.
